DEPARTMENT OF HEALTH SERVICES  
COUNTY OF LOS ANGELES  

Treatment Protocol: CARDIAC ARREST  
Ref. No. 1210  

Base Hospital Contact: Required prior to transport for all patients in cardiac arrest who do not meet criteria for determination of death per Ref. 814.

1. For patients meeting Ref. 814 Section I criteria for determination of death in the field – document Provider Impression as DOA – Obvious Death

2. Resuscitate cardiac arrest patients on scene ❶

3. Initiate chest compressions at a rate of 100-120 per min, depth 2-3 inches ❷
   Minimize interruptions in chest compressions

4. Assess airway and initiate basic and/or advanced airway maneuvers prn ❸ ❹ (MCG 1302)
   Monitor waveform capnography throughout resuscitation ❺

5. Administer high-flow Oxygen (15L/min) (MCG 1302)

6. Initiate cardiac monitoring (MCG 1308)
   Briefly assess rhythm every 2 minutes, minimizing pauses, or continuously via rhythm display technology ❻

V-FIB/PULSELESS V-TACH: ❼

7. Defibrillate biphasic at 200J immediately or per manufacturer's instructions
   Repeat at each 2-minute cycle as indicated

8. Establish vascular access (MCG 1375)
   Establish IO if any delay in obtaining IV access

9. Epinephrine (0.1mg/mL) administer 1mg (10mL) IV/IO every 3-5 min; administer first dose of epinephrine after defibrillation x2 ❹

10. For persistent or recurrent V-Fib/V-Tach without pulses:
    Amiodarone 300mg (6mL) IV/IO
    Repeat Amiodarone 150mg (3mL) IV/IO x1 pm after 2-cycles of CPR, max total dose 450mg

ASYSTOLE/PEA:

11. Epinephrine (0.1mg/mL) administer 1mg (10mL) IV/IO every 3-5 min; administer first dose as early as possible ❺

12. Consider and treat potential causes ❻
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13. Normal Saline 1L IV/IO rapid infusion
   Repeat x1 for persistent cardiac arrest
   For suspected hypovolemia, administer both liters simultaneously

14. For patients with renal failure or other suspected hyperkalemia:
   Calcium Chloride 1gm (10mL) IV/IO
   Sodium Bicarbonate 50mEq (50mL) IV/IO

TERMINATION OF RESUSCITATION:

15. If resuscitative efforts are unsuccessful and the patient does not meet ALL criteria for Termination of Resuscitation in Ref. 814, Section II.A., CONTACT BASE to consult with Base Physician

RETURN OF SPONTANEOUS CIRCULATION (ROSC):

16. Establish advanced airway prn

17. Raise head of stretcher to 30 degrees if blood pressure allows, otherwise maintain supine

18. Continue low volume ventilations at 10-12 per minute

19. Perform 12-lead ECG and transmit to the SRC

20. Immediately resume CPR if patient re-arrests

21. For SBP < 90 mmHg:
   Normal Saline 1L IV/IO rapid infusion
   If no response after Normal Saline 250mL, or worsening hypotension and/or bradycardia:
   Push-dose Epinephrine – mix 9mL Normal Saline with 1mL Epinephrine 0.1mg/mL (IV formulation) in a 10mL syringe. Administer Push-dose Epinephrine (0.01mg/mL) 1mL IV/IO every 1-5 minutes as needed to maintain SBP > 90mmHg CONTACT BASE concurrent with initial dose of Push-dose Epinephrine

22. Check blood glucose
   For blood glucose < 60mg/dL
   Dextrose 10% 125mL IV and reassess
   If glucose remains < 60mg/dL, repeat 125 mL for a total of 250 mL

23. For suspected narcotic overdose:
   Naloxone 2-4mg (2-4mL) IV/IO/IM/IN (For IN, 1mg per nostril or 4mg/0.1mL IN if formulation available)
   Maximum dose all routes 8 mg
SPECIAL CONSIDERATIONS

1. Maintaining perfusion with continuous high-quality CPR throughout resuscitation is essential to ensuring good patient outcome. Transporting the patient in cardiac arrest causes interruptions in CPR and reduces CPR quality.

2. Chest compressions are the most important aspect of cardiac arrest resuscitation. Maintaining continuous chest compressions should take priority over any medication administration or transport.

3. Hyperventilation reduces venous return and worsens patient outcomes. Both continuous and interrupted (30:2) compressions/ventilations are acceptable. Regardless of ventilation method used, ventilations should be no more frequent than 10 per minute with a volume approximately 1/3 of the bag, just enough to see chest rise.

4. Bag-mask ventilation (BMV) is the preferred method of airway management during cardiac arrest resuscitation and has been associated with improved patient outcomes. Advanced airway placement should be deferred until after return of spontaneous circulation (ROSC) unless BMV is inadequate. If a decision is made to transport the patient in refractory cardiac arrest and inability to maintain effective ventilations with BMV is anticipated, consider advanced airway prior to transport.

5. ET CO\textsubscript{2} should be > 10 with a “box-shaped” waveform during effective CPR. A flat or wavy waveform or ET CO\textsubscript{2} < 10 may indicate ineffective compressions or airway obstruction. A sudden increase in ET CO\textsubscript{2} is suggestive of ROSC. The waveform can also be used to confirm ventilation rate if an advanced airway or asynchronous ventilation with continuous compressions is used.

6. If you are able to observe the underlying rhythm during compressions via rhythm display technology, do not pause for the rhythm check.

7. Strongly consider transport to SRC for patients in persistent cardiac arrest with refractory V-Fib (3 unsuccessful shocks) or EMS-witnessed arrest of presumed cardiac etiology, since these patients may have good outcome with early coronary angiography despite prolonged resuscitation. For these patients, resuscitation should be continued on scene for at least 40 minutes PRIOR to transport to maximize the chances for field ROSC, which is strongly associated with improved survival with good neurologic outcome. Earlier transport may be initiated for providers using a mechanical compression device who are transporting a patient to the STEMI Receiving Center for extracorporeal membrane oxygenation (ECMO) initiation.

8. Epinephrine may improve outcomes if given early in non-shockable rhythms, but can worsen outcomes early in shockable rhythms, where defibrillation is the preferred initial treatment.

9. Potential causes that can be treated in the field include hypoxia, hypovolemia, hyperkalemia, hypothermia, toxins, and tension pneumothorax. Hypoglycemia is a very rare cause of cardiac arrest and should not be assessed until after ROSC. If hypothermia is suspected, resuscitation efforts should not be abandoned until the patient is re-warmed, or after consultation with the Base Physician.

10. Treat suspected hyperkalemia with calcium and sodium bicarbonate as soon as possible. The sooner it is administered, the more likely it is to be effective. Flush the line between medication administration.
Post cardiac arrest patients are at high risk for re-arrest during transport. Fluid resuscitation, vasopressor support, and avoidance of hyperventilation are recommended to decrease the risk of re-arrest.

All patients with ROSC shall be transported to the most accessible open SRC if ground transport is 30 minutes or less, as initiation of targeted temperature management and early coronary angiography in a specialty center have been shown to improve outcomes.

In the ROSC patient, ETT is strongly preferred to King LT placement.

ETCO₂ can help guide your ventilation rate; target ETCO₂ 35-40 mmHg. Just after ROSC, the ETCO₂ may be transiently elevated. This will decrease appropriately with ventilation and does not require hyperventilation to normalize. Persistently elevated ETCO₂ and/or “sharkfin” waveform may indicate respiratory failure as cause of the cardiac arrest. Falsely low ETCO₂ measurements can occur if there is a leak with BMV or shock.

An ECG with STEMI after ROSC requires pre-notification of ECG findings to the SRC.

Push-dose Epinephrine is appropriate for non-traumatic shock including cardiogenic shock. Additional doses beyond 10mL may need to be prepared for prolonged transports.

Narcotic overdose should be suspected in cases where there is drug paraphernalia on scene or there is a witness report. Pinpoint pupils may be present, but hypoxia during cardiac arrest can cause mydriasis (dilated pupils) instead.